

Seattle 100: Dining

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Photograph courtesy of Seastar
Restaurant and Raw Bar

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Seastar Restaurant and Raw Bar

Creating an exceptional seafood restaurant in Bellevue, removed from the shores of Puget Sound, requires a confident personality. Fortunately, chef John Howie cuts an imposing figure.

He has established myriad innovations at Seastar, ranging from a constantly changing menu—drawn from more than 300 recipes—to making each manager a part owner. Featuring cedar-plank cooking, Howie's establishment epitomizes the Northwest restaurant, from the carefree yet learned nature of the diners to the vitality of a season's fresh ingredients, to the importance of native woods, glass and light in the Weber + Thompson design. It's obvious that John Howie has thought it through, from garnish to signage, with confidence.

Reservations, please:

(425) 456-0010, seastarrestaurant.com

Chef John Howie's Seared Scallops with Beet Carpaccio and Black Truffle Vinaigrette

Serves 4

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20 fresh sea scallops
1 ½ teaspoon sea salt
1 teaspoon fresh ground pepper
2 tablespoons HDL Canola Oil
8 ounces golden beets, boiled and peeled; sliced paper thin
2 ounces baby arugula, stems removed
2 fl. ounces Black Truffle Vinaigrette (recipe follows)
1 ½ teaspoons chive, sliced 1/8 inch

Season the scallops with salt and pepper. Place scallops on the lightly oiled seasoned flat top grill at 400-450 degrees, or a non-stick sauté pan over medium-high heat. Let scallops sear until golden brown, approximately 1 to 1 ½ minutes per side.

Using four individual plates, evenly place the beets on each plate slightly over lapped to cover the entire surface. Toss the arugula in ½ the vinaigrette and place mounded in the middle of each plate. Next, place five scallops around the exterior of each plate. Drizzle the remaining vinaigrette over the scallops; top the scallops with the chives. Serve.

Black Truffle Vinaigrette

¼ cup red wine vinegar
1 tablespoon shallots, minced by hand 1/16 inch
1 teaspoon fresh lemon juice
2 tablespoons fresh black truffle, minced by hand 1/16 inch
¼ teaspoon sea salt
1/8 teaspoon fresh ground black pepper
3 tablespoons olive oil, EV

Combine and mix together all the ingredients except the oil, until well mixed. Slowly whisk in the oil. Transfer, label and refrigerate until needed.

